

Adaptive Equipment for Mobility



Adaptive equipment is a broad term describing any device designed to assist people with disabilities in performing activities of daily living, such as getting out of bed or taking a shower. Adaptive equipment is designed to help people with special needs live with the least amount of restriction or isolation.

Proper use of adaptive equipment can bring freedom and function to individuals with special needs. Such equipment can provide a “new normal” for the family. Physical and occupational therapists, as well as social workers, assist physicians and patients to identify appropriate adaptive assistance.

How Adaptive Equipment Helps

People with disabilities may be reluctant to use assistive devices because of a perceived social stigma. However, choosing to use adaptive equipment provides a number of benefits and life improvements, including:

- Increased self-confidence
- Increased safety during functional mobility
- Decreased level of effort required to complete tasks
- Decreased likelihood for further injury
- Increased independence

Common Types of Adaptive Equipment

Adaptive equipment is classified by the type of function it assists in providing.

- **Ambulatory aids:** crutches, canes and walkers
- **General mobility aids:** bed rails and grab bars
- **Wheeled mobility aids:** wheelchairs and scooters

- **Vehicle modifications:** remote-controlled locks, oversized mirrors, lowered floor and swivel seats
- **Home modifications:** low pile carpet and general de-cluttering

Purchasing Adaptive Equipment

Adaptive equipment, once available only through specialty catalogs, can now be purchased at most drug stores or super centers. Many online vendors offer comprehensive selections of adaptive equipment. This is also true for medical equipment suppliers, which are often located near hospitals. Consult the installation's Exceptional Family Member Program office for information and referral to appropriate TRICARE resources and other federal, state and local programs.



MilitaryOneSource.mil/EFMP

Exceptional Family Member Program support is available for military families with special needs. For more information, please contact your installation EFMP office or visit MilitaryOneSource.mil/EFMP, an official Department of Defense website.